

Hearty One Pan Breakfast

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 ounces bacon chopped
- ☐ 8 eggs
- ☐ 1 teaspoon garlic chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup onion chopped
- ☐ 3 potatoes peeled
- ☐ 8 servings salt and pepper to taste
- ☐ 6 ounces cheddar cheese shredded

☐ 1 cup tomatoes fresh chopped

Equipment

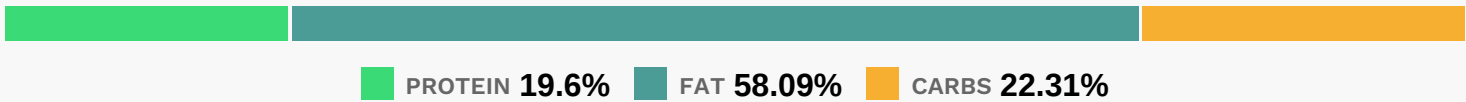
☐ frying pan

☐ pot

Directions

- ☐ Bring a pot of salted water to a boil.
- ☐ Add potatoes and cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool and chop.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Add the onions, peppers, garlic, tomatoes, and potatoes. Season with salt and pepper and cook until vegetables are soft, about 5 minutes.
- ☐ Sprinkle vegetable mixture with cheese. Crack eggs into the pan a couple of inches apart. Cover pan and allow eggs to cook to desired firmness.
- ☐ Remove pan from heat and serve.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:10.81, Inflammation Score:-5, Nutrition Score:13.597826149153%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 309.61kcal (15.48%), Fat: 19.99g (30.75%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 14.96g (5.44%), Sugar: 2g (2.22%), Cholesterol: 198.98mg (66.33%), Sodium: 542.55mg (23.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.35%), Selenium: 24.14µg (34.49%), Vitamin

C: 26.63mg (32.28%), Phosphorus: 270.45mg (27.05%), Vitamin B6: 0.43mg (21.7%), Vitamin B2: 0.35mg (20.41%), Calcium: 191.5mg (19.15%), Potassium: 532.05mg (15.2%), Vitamin A: 649.95IU (13%), Zinc: 1.9mg (12.64%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.16mg (11.57%), Vitamin B1: 0.16mg (10.93%), Folate: 43.56µg (10.89%), Manganese: 0.19mg (9.56%), Vitamin B3: 1.91mg (9.55%), Fiber: 2.32g (9.27%), Iron: 1.63mg (9.03%), Magnesium: 36.02mg (9.01%), Copper: 0.16mg (7.81%), Vitamin D: 1.09µg (7.28%), Vitamin E: 0.86mg (5.72%), Vitamin K: 4.37µg (4.16%)